

Preppers Guide to Ebola Virus

General info: Bundibugyo ebolavirus causes a severe hemorrhagic fever (BVD). It is one of several Ebola species, first identified in Uganda in 2007. Spreads through direct contact with infected bodily fluids. Less deadly than Zaire Ebola but still very dangerous. No approved specific vaccine or drug for BDBV.

Symptoms: Starts suddenly with high fever, severe headache, muscle pain, fatigue, and sore throat. Later brings vomiting, diarrhea (often bloody), rash, abdominal pain, bleeding, and difficulty breathing. Can quickly lead to shock and organ failure.

Normal treatment: Mainly aggressive supportive care in a hospital: IV fluids, electrolytes, oxygen, pain relief, and treatment of secondary infections. Early intensive care greatly improves survival chances. No approved targeted antiviral for BDBV.

Complications: High risk of internal/external bleeding, kidney/liver failure, multi-organ shutdown, and death (historically 25–40% fatality). Survivors often face long-term joint pain, eye problems, fatigue, and hearing loss.

Prevention: Strict isolation, full protective gear, safe burial practices, and avoiding contact with sick people or bushmeat in outbreak zones. No vaccine currently available for this specific strain.

Most studied naturals: Eugenol (from clove oil) showed strong antiviral activity in lab tests against Ebola models by blocking viral entry. Curcumin (turmeric), quercetin, and EGCG (green tea) also appear promising in cell and computer (in silico) studies for interfering with viral proteins.

Ozone + Vitamin C testimony (2016 Sierra Leone cases): Dr. Robert Rowen and team reported treating 5 people (3 confirmed Ebola) using direct IV ozone, rectal ozone insufflation, ozonated water, plus oral Vitamin C (4–8 g/day) and Thiodox® (a glutathione-recycling supplement containing ingredients like alpha-lipoic acid, NAC precursors, selenium, etc., dosed 1 tablet twice daily). All symptomatic patients reportedly recovered in 2–4 days. This small, uncontrolled report remains highly controversial and unconfirmed by larger studies.

Role of Alpha-Lipoic Acid (ALA): ALA in Thiodox acts as a powerful “universal antioxidant.” It is both water- and fat-soluble, recycles glutathione and Vitamin C, protects mitochondria and blood vessels, and helps manage the oxidative stress from both the virus and ozone therapy.

Source links:

Eugenol anti-Ebola in vitro study (2019): <https://pmc.ncbi.nlm.nih.gov/articles/PMC6668022/>

Rowen Ozone Therapy Case Series (African Journal of Infectious Diseases, 2016):

<https://journals.athmsi.org/index.php/AJID/article/download/3578/2261>

or <https://doi.org/10.4314/ajid.v10i1.10>

Rowen full paper PDF on ResearchGate:

https://www.researchgate.net/publication/290474717_Rapid_resolution_of_hemorrhagic_fever_Ebola_in_Sierra_Leone_with_ozone_therapy